**八年级（下）英语第17周第1课时**

**总复习（5）听后记录并转述 学程拓展**

**请你阅读下面这篇短文，录制两遍流利的朗读音频（MP3）。参考已给的表格内容，尝试设置5个重要的听力填词，并将这套自编资料发给你的同学们，考考他们吧！**

Good sleep can help us think and act quickly. It is also important for people’s health. We may fall ill if we don’t have a good sleep for a long time.

However, some students don’t sleep well at night. His mind is always going over everything that happened that day. Have you ever had the same problem? What can you do to solve the problem?

**Sleep only when sleepy.**

If you can’t fall asleep within (在...之内) 20 minutes, get up and do something boring until you feel sleepy. Don’t be under a bright light while you are sleep. The light tells your brain that it is time to wake up.

**Take exercise everyday at right time.**

Daily exercise can help you sleep well, but the time to do exercise is important. The best time to exercise is in the morning or early afternoon.

**Have a glass of milk before bedtime.**

Do you like drinking milk? It is good for sleep. That’s why some people drink a glass of milk before bedtime.

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| **What you can do to solve sleeping problem.** | |
| **Sleep only when 1.\_\_\_\_\_\_\_.** | ● If you can’t fall asleep within 20 minutes, ...  ... |
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